Editor’s note

Dear Readers:

The purpose of this quarterly newsletter, Self Awakening, is to inform Sadhaks (seekers of self-realization) and other readers about Maha Yoga, an effortless, joyful and no cost path to Self-Realization.

P. P. Shri Narayan Kaka Maharaj of Nashik, India was a leading teacher and exponent of Maha Yoga, a centuries old tradition, whereby a realized Guru (Siddha Guru) awakens the Universal Life Energy (Kundalini) within the Sadhak, eventually leading him/her to self-realization. As some of you might be aware, P. P. Kaka Maharaj left his earthly body on Monday, November 5th, 2012 while he was at the Vasudev Niwas Ashram in Pune, India. This issue of Self Awakening is dedicated to P. P. Kaka Maharaj’s memory. We will revert back to the previous format from the next issue.

To the thousands of Sadhaks in the Maha Yoga tradition all over the world and other interested readers, this e-newsletter is intended to provide virtual Satsang. It is intended to encourage Sadhaks to remain engaged in Maha Yoga, be informed about Maha Yoga-related events around the world, and to provide a forum for getting guidance about Maha Yoga from Maha Yoga leaders in P. P. Kaka Maharaj’s lineage.

Readers are urged to contribute questions, thoughtful articles, interesting life experiences related to Maha Yoga and news about Maha Yoga-related events to this e-newsletter. Reminiscences of P. P. Kaka Maharaj are also most welcome. We will be glad to include them in future issues. Please send any content, comments, or questions you would like to submit to self.awakening@gmail.com.
Our dearly beloved Maha Yoga Guru, Shaktipatacharya P. P. Kaka Maharaj left his earthly body on November 5th, 2012 at the Vasudev Niwas Ashram in Pune, India. His earthly remains were taken to Nashik, India where final rites were performed according to Hindu tradition on November 6th, 2012 on the banks of the sacred river Godavari. His ashes were immersed in the River Godavari on November 7th, 2012. His ashes were also immersed over the following days at various locations where P. P. Kaka Maharaj had established Ashrams, namely Varanasi, Hoshangabad, Pithapuram, Rameshwaram and Nrsimha Wadi. We all wish his soul everlasting peace and thank him for the greatest gift of Maha Yoga he brought to us.

Sadhaks viewing P. P. Kaka Maharaj’s remains in Nashik

P. P. Kaka Maharaj’s funeral pyre on the banks of the River Godavari
Eulogy to honor P. P. Shri Kaka Maharaj

By the citizens of Nashik, India and the Maha/Siddha Yoga Community

Let it be known that P. P. Shri Narayan Kaka Dhekane Maharaj, the founder of the P. P. Shri Loknath Tirth Swami Maharaj Maha Yoga Trust, Nashik, India had made it his life’s goal to make available the gift of Maha/Siddha Yoga for the uplift of all humankind.

He was born to a pious family in Dhule, India on July 3, 1927. After completing his secondary education and obtaining B.Sc. and B.E. degrees in Pune, India, he went on to earn a M.E. degree from the University of Calcutta. After completing his education, he worked for the Maharashtra Government’s department of water resources and other related departments in senior positions of increasing responsibility, including a stint at the Maharashtra Engineering Research Institute (MERI) in Nashik, retiring in July 1985 as the Superintending Engineer in Mumbai, India. During his professional career, he was awarded the Gold Medal twice by the Institute of Engineers for his research in Civil Engineering.

P. P. Shri Narayan Kaka Dhekane Maharaj believed that the worship of Prana Shakti (Universal Life Energy), which resides in us all, is the key to eternal happiness. He had complete faith that the worship of Prana Shakti with the practice of Maha/Siddha Yoga would help all humans in their personal lives, family lives and even in their roles as citizens of a nation and of the world.

Even as a child, P. P. Kaka Maharaj had a strong attraction to the Sanskrit language, Indian philosophy and to Yoga. In December 1950, while he was still an engineering student, he received Maha Yoga (Shaktipat) Deeksha from P. P. Shri Loknath Tirth Swami Maharaj, who had come to the state of Maharashtra from the state of Bengal. Since then, during the past 62 years, human beings all over the world have benefitted from his tireless efforts to bring Maha Yoga to help them achieve enlightenment.

His selection of the holy city of Nashik, India for establishing the P. P. Shri Loknath Tirth Swami Maharaj Maha Yoga Trust on December 26th, 1985 has proven to be a propitious choice. Pursuing his life’s goal of “Sarvepi Siddha Yoga Deekshitaha Bhavantu” (Let all be followers of Siddha Yoga) he travelled all over India and the world to introduce the divine path of Maha/Siddha Yoga to everyone. He captivated audiences at international Yoga meetings, global philosophy conferences and at various such events in India and abroad with his short discourses on Maha Yoga, but always accompanied by having his audience actually participate in a practical session of Maha Yoga.

At one such event that was held in California, USA on September 11th, 2007, following a short talk on Peace and Non-Violence, P. P. Shri Kaka Maharaj led the audience in a practical session of Maha Yoga. The organizers of the conference were clearly moved by his session as evidenced by their letter thanking him for, “Showing us what true peace feels like. For giving us the actual experience that true peace does not reside anywhere else but
Eulogy to honor P. P. Shri Kaka Maharaj (continued)

within us. We believe that it is important to spread the message of Maha Yoga all over the U.S.”. As a result, the reputation of India as a source of spirituality has been truly enhanced.

Maha/Siddha Yoga is the effortless and joyous study of Chaitanya Shakti, the Universal Life Energy which supports us all. In order to make it possible for everyone on earth to practice Maha/Siddha Yoga, P. P. Shri Kaka Maharaj brought the Introductory Approach to Maha Yoga to worldwide audiences by conducting several Maha Yoga Global Trial Days over the years. These Global Trials enabled Sadhaks all over the world to experience the bliss of Chaitanya Shakti in the privacy of their own homes. He brought Maha Yoga, the effortless, no-cost approach with the highest spiritual ideals, to human beings all over the world, regardless of differences in age, caste, religion, creed, gender, status, nationality, etc. In doing so, he was pursuing the same ideals that P. P. Dnyaneshwar Maharaj had of bringing Amrutanubhav (experiencing the nectar of Gods - eternal bliss) to the world!

P. P. Shri Kaka Maharaj devoted his entire life to the pursuit of bringing peace and calm to the world, by having Sadhaks experience Universal Brotherhood, not just theoretically, but by actually experiencing the common bond of Chaitanya Shakti (Universal Life Energy) within us. While having a scientist’s perspective and an analytical mind, he was firmly rooted in spirituality, which is why he was so successful at achieving his life’s work of bringing Maha Yoga to the world.

He had the blessings of the leaders of his lineage including those of P. P. Shri Gulvani Maharaj and P. P. Shri Datta Maharaj Kavishwar. P. P. Shri Datta Maharaj Kavishwar appointed him as the Chief Trustee of Shree Vasudev Niwas; the Ashram established by P. P. Shri Gulvani Maharaj in Pune, India; a position from which he was able to bring Maha Yoga to a growing audience.

This great saint of a man left his earthly body at Shri Vasudev Niwas in Pune on November 5th, 2012 at 9:00 p.m. We, the residents of Nashik, India and the community of Sadhaks offer him, with grieving hearts, our Namaskars and our eternal gratitude.

Citizens of the holy city of Nashik, India and the Siddha/Maha Yoga Sadhak community

Nashik, India
November 10th, 2013

Translated by: Dilip Kamat
Roles and Responsibilities following P. P. Kaka Maharaj’s Departure

Following the departure of P. P. Narayan Kaka Dhekane Maharaj from his earthly body on November 5th, 2012, many Sadhaks have been wondering how his Maha Yoga Parampara (lineage) will be governed going forward. While the Maha Yoga leadership has not met as yet to finalize the roles and responsibilities, P. P. Kaka Maharaj’s directives from August, 2012 provide the best guidance as to how they will evolve. Following a meeting of the leadership, currently being planned to occur in March 2013, any changes to the roles and responsibilities discussed below will be communicated. Until then, here’s how the roles and responsibilities will be delineated:

Geographic Responsibilities:  When P. P. Kaka Maharaj was in his earthly body, he was ultimately responsible for leading P. P. Loknath Tirth Swami Maharaj’s Maha Yoga Parampara all over the world. Following his departure there will not be one person assigned world-wide responsibility, but rather, the responsibilities will be shared by 14 Deekshadhikaris (those authorized to grant Maha Yoga Deeksha). Their responsibilities will be as follows:

1. P. P. Shri. Prakash Prabhune Maharaj - In charge of Nashik Ashram and Headquarters, also responsible for Maha Yoga Prachar/Prasar in Gujarat state in India
2. P. P. Dr. Shamsundar Deshpande Maharaj - In charge of Thane Ashram, also responsible for Prachar/Prasar in the city of Mumbai and in Kerala state in India, and in all countries outside of India
3. P. P. Shri Haribhau Niturkar Maharaj - Responsible for Prachar/Prasar in the states of Andhra Pradesh and Karnataka in India
4. P. P. Shri Sharad Joshi Maharaj - In charge of Vasudev Niwas Ashram in Pune, also responsible for Prachar/Prasar in the state of Madhya Pradesh in India
5. P. P. Shri. Appa Kulkarni Maharaj - Responsible for Prachar/Prasar in the city of Malegaon and in Bihar state in India
6. P. P. Shri. Govind Nagnath Pund Maharaj - Responsible for Prachar/Prasar in the city of Aurangabad
7. P. P. Shri. Suryakant Rakhe Maharaj - Responsible for Prachar/Prasar in Vidarbha region and Maharashtra state in India
8. P. P. Dr. Prakash Saraf Maharaj - Responsible for the early morning Sadhan Baithak in Nashik, the Hoshangabad Event, and Prachar/Prasar in Haryana state in India
Roles and Responsibilities following P. P. Kaka Maharaj’s Departure (continued)

9. P. P. Prof. (Dr.) P. N. Dixit Maharaj - Responsible for Prachar/Prasar in Satara region and Chhattisgarh in Maharashtra state in India

10. P. P. Shri Anil Ghodekar Maharaj - Responsible for the Kashi Ashram events and Prachar/Prasar in Uttar Pradesh state in India

11. P. P. Shri Vitthalrao Barve Maharaj - In charge of the Rameshwaran Ashram, also responsible for Prachar/Prasar in Tamil Nadu state in India

12. P. P. Shri. Mukund Kaka Thakar Maharaj - Responsible for Prachar/Prasar in Pune city and the Union Territories of Diu and Daman in India

13. P. P. Shri. Moreshwarbua Joshi (Charholikar) Maharaj - Responsible for the Pune district and Narsobachi Wadi events and Prachar/Prasar in Rajasthan state in India

14. P. P. Shri Bhaskarbhai Hardikar Maharaj - Responsible for Prachar/Prasar in Ahmedabad city in India

**Maha Yoga Deeksha:** P. P. Kaka Maharaj has authorized the above Deekshadhikaris to grant Maha Yoga Deeksha to anyone they choose to, at any location, and at any time. But he has directed them to keep in mind that Maha Yoga Deeksha is the Deeksha of the Parampara (lineage) and not of an individual Deekshadhikari, and that they should conduct this sacred duty without getting their egos involved in it. In addition to the authority given to Deekshadhikaris to grant Deeksha on an individual basis, the Deekshadhikaris, representing P. P. Kaka Maharaj’s Parampara, will also collectively grant Deeksha periodically on pre-announced Deeksha Days. The next Deeksha Day, as announced a few months ago, will be on February 13th, 2013. Subsequent Deeksha Days will be jointly decided by the Deekshadhikaris, and as has been the practice thus far, will be announced at [www.mahayoga.org](http://www.mahayoga.org), in this Self Awakening e-newsletter, and through the Yahoo Group [http://groups.yahoo.com/group/kundalinishaktipatayoga/](http://groups.yahoo.com/group/kundalinishaktipatayoga/).

**Guidance to Sadhaks:** Sadhaks, who seek guidance by sending their questions to [self.awakening@gmail.com](mailto:self.awakening@gmail.com) or to [info@mahayoga.org](mailto:info@mahayoga.org), will continue to get responses to their questions based on guidance from the Maha Yoga leadership. Those Sadhaks who want to have their questions answered in person should meet with the Deekshadhikari responsible for their geographic area, most likely the one nearest to them, or a Deekshadhikari of their choosing. There are no constraints on which of the above Deekshadhikaris Sadhaks might choose to get in touch with in order to get guidance on Maha Yoga. Contact information for Deekshadhikaris and other Maha Yoga leaders is available at [http://mahayoga.org/contact.htm](http://mahayoga.org/contact.htm).

**Maha Yoga Prasar:** As has been the case thus far, all Sadhaks are encouraged to participate in Maha Yoga Prasar (spreading the word) whenever and wherever they can. P. P. Kaka Maharaj wanted each and every person in the world to become aware of the great gift of
Roles and Responsibilities following P. P. Kaka Maharaj’s Departure (continued)

Maha Yoga, and that it is available to all regardless of the differences that divide us as human beings. As was described in the Geographic Responsibilities section above, individual Deekshadhikaris are expected to provide leadership in the geographic areas assigned to them. Within India, the overall direction of Maha Yoga Prasar will be guided by the Nashik Ashram and P. P. Prakash Prabhune Maharaj. Outside of India, P. P. Dr. Shamsundar Deshpande Maharaj will be responsible for guiding Prasar. P. P. Kaka Maharaj has also reiterated the importance of making each and every one on this planet become aware of the Introductory Practice of Maha Yoga (http://mahayoga.org/introductorypractice.htm). All Sadhaks are therefore encouraged to make everyone they know aware of how easy it is to practice.
If anyone asks us Maha Yoga Sadhaks, “Have you seen God?” I am sure we will all respond right away, “Oh yes, we have! And if you are interested, you can also go see him in Nashik, on the banks of the river Godavari”. But, how can this be? What is this person like who we Sadhaks see as the embodiment of Lord Dattatreya?

For us Maha Yoga Sadhaks, the embodiment of Lord Dattatreya does indeed live on the banks of the Godavari. You will find him in Nashik advising Sadhaks on Maha Yoga, offering blessings to devotees and giving solace to those in need. He is the Kalpavriksha (wish-fulfilling tree) to us Sadhaks who have been blessed with Maha Yoga Deeksha (initiation)! Just the sight of him, being in his presence, gives us the experience of being in the presence of God! We may or may not be knowledgeable about the science of having one’s Kundalini Shakti being awakened through Maha Yoga Deeksha, but the presence of this “Divinity” goes right to our hearts. We get the feeling that our relationship with this Sadguru (true Guru) has extended over innumerable lifetimes, and the joy of being in his presence once again, knows no bounds!

Some might consider our intense feelings about our Guru as indicative of highly emotional and pliant minds. But rest assured that we Sadhaks are not the type of people who can be swayed so easily by anyone we come across. Most of us are householders, family members, successful business people and professionals, living and working in the material world having enjoyed all the world has to offer. But in the presence of this “Divinity” we get beside ourselves, losing ourselves in his Divine presence!

So, what kind of a “God” is this whose very presence makes us lose our egos and makes us feel that we are all one and the same? Yes, he is embodied in a person just like us; with hands and feet, with eyes and ears, made of flesh and blood. He lives near the Gangapur Pumping Station in Nashik, India as P. P. Shri Narayan Kaka Dhekane Maharaj - in this 21st century, in this Kali Yuga - available 24 hours a day to Sadhaks, devotees, the needy, and whoever needs his help.

But more importantly, he holds the key to unlock the vast store of Universal Life Energy that resides in each and every one of us, just by his Sankalpa (intention) - the “Open Sesame” that can unlock the vast treasures that reside in each and every one of us to grant us the incomparable experiences that come with true spiritual awakening. This “God” has the ability to make the rose of a person’s inner spirituality come to bloom. In his presence, the Tamasik and Rajasik tendencies of people get diminished while Sattvik tendencies become automatically enhanced. Numerous people have even seen difficulties in their material and spiritual worlds fade away simply by thinking about him!
If you visit the area around Gangapur Pumping Station in Nashik, you will see the saffron-colored flag of the Maha Yoga Ashram there. It represents the selflessness, the sacrifice, the purity, the benevolence, the universality, the kindness and a firm belief in the divinity that resides in us all, as embodied by P. P. Kaka Maharaj. You will even see its presence in the neighborhood surrounding the Ashram. At his residence at Bhagyodaya Kuti, you will see him guiding Sadhaks, interacting with children who have come to visit him with the same level of innocence they bring to him, exhorting young people with the same degree of playfulness they exhibit - bringing smiles to their faces. And to those who have come to him seeking solace from their worldly problems, you will see him empathize with them from his core, offering them his love and kindness and whatever he can do to help alleviate their suffering.

So, is this “God” a Sannyasi (renunciate)? No, he is not a saffron-robed renunciate, but as described in the Bhagwad Geeta he is a true Sannyasi:

\[
\text{jneyah sa nitya-sannyasi yo na dvesti na kanksati}
\]
\[
nirdvandvo hi maha-baho sukham bandhat pramucyate
\]

(\textit{Bhagwad Geeta Chapter 5, verse 3})

One who neither hates nor desires the fruits of his actions is known to be a perpetual Sannyasi. Liberated from all dualities he easily overcomes material bondage and is completely liberated, O mighty armed Arjuna.

P. P. Kaka Maharaj does not have his own household to take care of, but he is carrying the burden of thousands of families and individuals with satisfaction and happiness. He has brought so many previously disheartened young people on the spiritual path by granting them Maha Yoga Deeksha and their faith in him is so strong that none of them would ever hesitate to sacrifice anything for their “God” if needed. Children get enchanted by his referring to them as “Mavshibai” (dear aunty) or “Bandoba” (a term of endearment for boys). He has a natural gift for connecting with young people by relating to them in their own ways and by gently guiding them on the spiritual path. Adults, both men and women, feel like they are in the presence of an older brother, while some women feel like they are at their mother’s home, easily confiding in him their innermost thoughts. Children feel like they are in the presence of their grand-father, while senior citizens feel like they are at the home of one of their children. If you observe the visitors as they leave his home, Bhagyodaya Kuti, or the Maha Yoga Ashram after having visited him, you will see in their faces a sense of peace, satisfaction and an inner joy.

In this manner, despite not having his own family, this “God” has inadvertently become revered by thousands of families. It does not matter what many of our learned and science-minded friends might say, but this “God” has converted our lives to “gold” simply by the “alchemy” of Maha Yoga Deeksha. He has brought a sense of peace and calmness to us and has made our lives fulfilling and complete. People who were in the midst of depression,
Wish-fulfilling tree (Kalpavriksha) on the banks of the river Godavari (continued)

unable to cope with what life had handed out to them, have been brought back from the brink and are fully functioning and happy members of society. It is as if they have been granted a new life, having been reborn after they came in contact with this “God”.

It is quite common to see “miracles” worked by so-called “Gurus” in India. There are also lots of “Babas” who produce Udi (perfumed ash), watches, rings, Rudraksha beads, etc. seemingly out of thin air. But, while the miracles performed by P. P. Kaka Maharaj are much more meaningful and everlasting than the ones performed by these “Babas”, this “God” of ours is of a completely different ilk. Once again, it does not matter what our science-minded skeptical friends might say, but there have been numerous instances of “miracles” that have happened in the lives of each and every Maha Yoga Sadhak. Not only have we experienced these “miracles” in the spiritual sphere of Maha Yoga, but many of us have experienced miraculous happenings even in our day-to-day lives. Infertile couples have had children; severely ill people have recovered from their illnesses. People in the midst of ruin have felt as if their horoscopes had suddenly changed and have seen their lives change from despair to success. Conflicts between married couples and between mothers-in-law and daughters-in-law have disappeared and their lives and relationships have thrived and flowered after they have come in contact with this “God”. Young people, who had lost their confidence and had almost given up, have recovered their confidence and have gotten back on track. There is no doubt our “God” has helped us become fulfilled in the three material aspects of Dharma - Artha - Kama (religion, wealth, sex), as well as ensuring that we get on the spiritual path of Moksha (liberation).

How can we not refer to this person as “God”; someone who has given us Sadhaks everything we need, who has given new meaning to our lives, who has made our live so fulfilling? Our Gurudev’s Brahmacharya (vow of celibacy) is like that of Bhishmacharya in the Mahabharata, his concern for the world and his faith in his nation is comparable to that of Sant Ramdas, his Tapasya (spiritual practice) is like that of Vasishtha and Vishwamitra (seers and sages), his brilliance is like that of Parshuram, his commitment to the Truth is like that of Dharmaraj (eldest of the Pandava brothers), and his sense of detachment is like that of King Janak (Sita’s father in the Ramayana). All of his life’s aspects have displayed his purity, brilliance and enlightenment, because of which he has enchanted all who have come in contact with him.

Congratulations to our Gurudev, the holder of the key to the uplift of all humans who seek it, on the occasion of his Amrut Mahotsav.

By: P. P. Dr. Deshpande Maharaj

Translated by: Dilip Kamat
Narayankripa means the “blessing of Narayan”; the blessing the author, Ms. Mohini Puranik, received from P. P. Shri Narayan Kaka Maharaj when she was initiated and began the practice of Maha Yoga at a very young age. The following is an article she wrote for Self Awakening as a tribute for her Sadguru. - Editor

Narayankripa and my life

Narayankripa has meant the world to me; it is my life, it is my everything. It guides me during Sadhan, it guides me in my daily life, and it is the reason I have become a writer and a blogger, spreading the message of Maha Yoga to the world. And it is all because of P. P. Shri Gurudev.

When I start writing about Param Pujya Sadguru Shri Narayan Kaka Dhekane Maharaj, tears begin to flow down my cheeks, words stop and only Chaitanya (Universal Life Energy) takes the form of divine poetry, an Epic. Yes! Shri Gurudev has made my extremely ordinary life seem like an Epic. You might be thinking, “What is so great about my life that I am calling it an Epic?” The discovery of peace within, the oneness with Chaitanya, an eternal flow of the bliss from within, my heart filled with the Supreme Love for Lord Shri Krishna, for this Universe - that is an Epic, it is an epic experience. Such an epic experience of life is well-nigh impossible, even by gaining knowledge by reading thousands of spiritual, motivational, philosophical books. But, it is easily achievable through Narayankripa - simply by Shri Gurudev’s divine grace. Narayankripa has answered all my doubts and questions about life, and my life has now become an epic experience.

Mahayoga for Self Realization

I have always had questions about the meaning of life, logical arguments about controlling thoughts, and lots of confusion about spiritual issues. P. P. Shri Kaka Maharaj was the only person in my life who answered all my questions and freed me from Maya which was the cause for all my confusion. The chaos inside our minds, caused by the innumerable thoughts which arise all the time, is something we can never stop with intent. There are many different practices such as Dhyana, meditation, Pranayam, etc., which are followed for controlling the chaotic mind; and all these methods are useful for spiritual growth. But can all these methods give you relief from the chaos of mind instantly? Can you discover the peace within right away? If you have practiced some of these methods of intent-based meditation, I am sure you are aware of the frustration of experiencing uncontrolled thoughts coming up all the time and the never-ending restlessness of one’s mind.

P. P. Shri Kaka Maharaj has given the Golden Key to this world, the Introductory Practice of Maha Yoga (see http://mahayoga.org/introductorypractice.htm), which has the power to clear deep layers of mind instantly and naturally, dissolving them in the Prana, the Universal Life Energy, the Mother Energy which supports us all. When you start observing your own natural breathing, your mind melts in the Prana and what remains is the Prana alone, which embodies the peace we all are looking for, the bliss we seek in material pleasures, but
which is actually right within us. This practice of dissolving the mind naturally makes all the Vikaras (mental agitations) disappear instantly as mind is the main reason for the existence of all the Vikaras. And the experience of Samadhi is discovered within oneself so easily, so instantly and most importantly so naturally!

Of course, in the initial stages of this practice, this experience lasts for as long as we are observing our natural breathing, and eventually, by the Mother Goddess’s wish, our eyes open and we come out of the experience. But there is no other method in this world other than the Introductory Practice of Maha Yoga which can bring this instantaneous experience of Samadhi to everyone. And once you have experienced this sense of peace and calm, with patience and with regular and diligent practice you will be able to experience it more often, not just when you sit for Sadhan but at all other times as well. As described in the Shrimad Bhagwad Geeta by Lord Shri Krishna, “Atmasanstham Manahkritva Na Kinchidapi Chintayet”, by the mind getting fixed on the soul (Atman) you will not think of anything else, i.e. your mind will become calm and you will naturally get relief from all the stresses and tensions instantly, which is most needed to cope with today’s fast-moving world.

Mahayoga for World Peace

All the hatred, tensions and chaos in the world are nothing but a larger manifestation, a world-wide projection, of the hatred, tensions and the chaos that resides in billions of human minds all over the world. When a Sadhak practices Maha Yoga Sadhan, either as the Introductory Practice or after having received Maha Yoga Deeksha (initiation), she is in fact surrendering all the conflicts of her mind to the Prana Shakti within her, at least for some time. This causes inner purification and gradually, the Sadhak is able to experience the Prana Shakti within her as the same Prana Shakti that supports all other human beings in this world - i.e. our common Mother! So if large numbers of us humans practice Maha Yoga Sadhan, it has the real potential to contribute to world peace and the spread of a sense of Universal Brotherhood. While wars, hatred, weapons are a threat to humanity and the environment, Maha Yoga practice can bring peace to the world in a natural manner.

To me, two words best describe the life of P. P. Shri Kaka Maharaj - Peace and Love. P. P. Gurudev has brought the revolutionary gift of Maha Yoga to the world, to bring humankind Peace and Love. Although Maha Yoga has been around for centuries, P. P. Kaka Maharaj is the only seer of our modern age who had the Sankalpa (intent) to introduce Maha/Siddha Yoga to the entire world (Sarvepi Siddhayoga Dixitaha Bhavantu). He is the Guru of the entire world, he is the Jagadguru.

Golden moments of Gurudev’s Darshan

I was first blessed by the Divine Darshan (sighting) of P. P. Shri Kaka Maharaj when I was only a child at the time of Sahastrachanradarshan Shanti of P. P. Shri Kavishwar Maharaj, who preceded P. P. Kaka Maharaj as the head of the Maha Yoga Parampara (lineage). Following that time, I did not get a chance of his Darshan until prior to Deeksha (initiation).
After Deeksha, the first Darshan happened once when P. P. Kaka Maharaj was travelling by bus from Nashik to Shegaon, another town in India. I was in the 8th standard then. The bus had a halt of a few minutes at Dhule where I live. I and my family members who have all been blessed and have received Deeksha from P. P. Kaka Maharaj were very happy and eager for Shri Gurudev’s Darshan for the first time after having received Maha Yoga Deeksha. At around 11 p.m. the bus arrived, my brother offered Shri Gurudev a garland and some sweets. As was his practice, Gurudev did not wear the garland, but he acknowledged our feelings of gratitude by his Divine touch. The Prasad (sweets) was distributed to the passengers on the bus. We were so happy; even as I am writing this account I am living those divinely blessed moments once again, having difficulty conveying all those feelings given the limitations of the written words.

My elder brother spoke with him and so did I. I saw Bhagwan (God) for the first time in my life that day, embodied as an ordinary man, travelling by a simple bus, and listening to everybody, even an innocent kid like me. Most people in the world ignore children and their talk, considering it meaningless; childish babble. P. P. Kaka Maharaj was the Sadguru who listened to everybody, even a small child, not just listening superficially, but experiencing the pains, tensions, worries that people shared with him, even those of children. If you observe children in the presence of adults, at least in countries like India where children are expected to act respectfully towards adults, you will notice that they always have a feeling of being inferior, being ignored, sometimes feeling hurt and insulted as a result. But kids could always be fearless and happy while speaking with P. P. Kaka Maharaj and he was also always happy to speak with them.

Over the years during numerous other Darshans, I am sure I caused P. P. Kaka Maharaj lots of grief by sharing with him my troubles just like child would share with her mother. When I feel guilty for sometimes acting like a stubborn child, I rest easy in the thought that He is the Mother of us all. Who else could we go to with all our troubles? Only to a Mother who tolerates all her children’s mistakes!

Gurudev’s most memorable teaching

Although I had the good fortune of Gurudev’s Darshan numerous times, I had what I believe was the most important teaching moment which transformed my life, at Vasudev Niwas in Pune, India. There, Gurudev told me, “Surrender everything to the Lord Almighty”.

I asked spontaneously, “Even depression? Can I surrender depression to the Lord?” Gurudev enlightened me with the golden words, “Hope, depression all that just comes and goes”.

That day I realized that mental emotions like happiness, and even conditions such as depression, are mental disturbances, not anchored in reality. I realized that we should not get trapped in the confusion of positive or negative thoughts, because mind is like the moon which is always changing. We should worship the Prana Shakti within us, which results in the complete surrender of our minds to the Lord Almighty, dedicating and surrendering everything to Him.
Sadguru as the Mother

P. P. Shri Kaka Maharaj was like a Mother to everyone who came in contact with him. And like a mother who sees every child as equally deserving of her love, he always showed the same love for all Sadhaks. For a Sadguru (true Guru) like P. P. Gurudev the objective of every human life is self-realization. With that consideration he always blessed people who came to him to guide them on the Maha Yoga path without obstacles in their human or spiritual lives.

He did not like to see people in pain. Daily, people used to come to him with personal, career-related, or spiritual questions and problems, and P. P. Gurudev used to help them address their problems in the least amount of time. None of his guidance was without the highest spiritual meaning; always helping them and blessing them to get directed towards self-realization. When I realized what he was doing in his interactions with those who came to him at Vasudev Niwas in Pune or at the Nashik Ashram I would be in tears. People suffer from so much misery and there are many situations when one can’t see any solution to one’s problems. The reason to live gets lost at such times. Watching P. P. Kaka Maharaj guiding people in their times of distress, and not only saving their lives, but guiding them on the path of self-realization was truly amazing. I am sure over the years P. P. Kaka Maharaj has saved innumerable lives without any publicity, and without giving his interactions with people any kind of a formal name like Satsang (company of the highest truth), he has transformed the people who have met him, putting them on the path of self-realization. Only the people who have benefitted from his guidance are aware of this Gurukripa (Guru’s blessing). Every act, every thought, every word of P. P. Shri Kaka Maharaj was to help every human being achieve self-realization.

The Inspiration and Realization

Whatever success, happiness and divinity I have seen around me and within me, it has all been because of Gurukripa - Narayankripa. And the tears, sorrows and difficulties I have faced are when I have ignored P. P. Shri Gurudev’s Adhnya (direction) and his golden words. Sadhan and the chanting of the Lord’s name when we are not in Sadhan are of prime importance. If we focus on this Gurudev’s Adhnya we will naturally be able to spread the message of Maha Yoga throughout this world.

P. P. Shri Gurudev always saw the goodness and divinity in everybody he met and in everything they did. He truly lived his life like a servant of Mother Goddess, not at all like a Guru. If we learn and incorporate this simplicity in our lives, our lives too will be an expression of the Lord Almighty at every moment, and we will be able to spread the message of Maha Yoga as P. P. Kaka Maharaj did, by example.

Prayer for spreading the message of Maha Yoga

“May my every breath be spent on living, experiencing and worshiping Prana and may the divine words from my pen spread the divinity in the world like the Sacred Ganges.”
Narayankripa - A Divine Gift (continued)

That is possible by Narayankripa alone. I pray for Narayankripa to happen at every moment.”

Maha Yoga Haiku

Thoughts, doubts in mind
Melt in natural breathing
Bliss by Maha Yoga

By: Ms. Mohini Puranik
Ms. Puranik is a Maha Yoga Sadhak who received Deeksha in 1995. She lives in Dhule, Maharashtra, India, which was also the birthplace of P. P. Kaka Maharaj. Ms. Puranik is also a blogger, poetess and social media expert. Her blog, Narayankripa, can be found at http://narayankripa.blogspot.in/.
Remembrances of P. P. Kaka Maharaj

Shri Milind Joshi, a Sadhak who is actively involved in Maha Yoga Prasar and is the webmaster for P. P. Kaka Maharaj’s website www.mahayoga.org, wrote the following article honoring his Sadguru - Editor

When I was asked to write a few words about P. P. Shri Kaka Maharaj, I had a difficult time gathering my thoughts and emotions, to condense in a few words all that he has meant to me and I believe to the whole world.

I firmly believe that P. P. Shri Kaka Maharaj was born to bless the world, not simply to fulfill his own wants and needs. If he was not born to bless the world, how could he have people in more than 60 countries around the world following him on the Maha Yoga path? A friend of mine mentioned to me that, it was really amazing to see thousands of people all over the world who follow him and the path of Maha Yoga, even when they know that they can expect to get no material benefit from it, only spiritual uplift. I also believe that it is not just Sadhaks who received Maha Yoga Deeksha (initiation) who he blessed, but hundreds of others who simply participated in one of the many Maha Yoga Global Trials he held over the years and who wanted to just get a taste of Maha Yoga, were also blessed by him. How else could some of these uninitiated Sadhaks who did not know anything about Maha Yoga have Kriyas (involuntary actions) and have other experiences which were traditionally supposed to be experienced only by Sadhaks who have been initiated? Being the webmaster of the Maha Yoga website, I have personally forwarded many such emails from Global Trial participants to P. P. Shri Kaka Maharaj, where they expressed wonderment at having had such experiences when they did not even know anything about Maha Yoga or Maha Yoga Sadhan (meditation).

It was not only his Sadhak followers but spiritual stalwarts like His Holiness Bharati Tirth Mahaswami Maharaj (Shankaracharya of Shringeri, Karnataka, India) who looked up to P. P. Kaka Maharaj as the embodiment of a True Yogi. When they met in 2008, H. H. Shankaracharya recited a stanza from Shri Bhagvad Geeta (Chapter 6, Verse 46).

\begin{quote}
तपस्विकः योगिः ज्ञातिः योगिः मतोधिकः
कार्मिकः योगिः तत्स्माद् योगिः भवाजुन
\end{quote}

(The Yogi is considered to be superior to ascetics, and even superior to men-of-knowledge; he is also superior to men-of-action; therefore, be a Yogi, O Arjuna).

He told P. P. Kaka Maharaj, “This is the reason I call you a true Yogi, one who follows the path of Maha Yoga”. A few photographs of their meeting can be viewed at the Maha Yoga website (www.mahayoga.org).

P. P. Shri Kaka Maharaj was always a very humble person, but who had a global vision and made conscious and continued efforts to bring his vision into reality. He firmly believed that by encouraging everyone to follow the path of Maha Yoga he would contribute to bring about World Peace and Universal Brotherhood. His logic for Universal Brotherhood was very
simple. He would argue that since all human beings on this earth depend on the air we all breathe - a gross manifestation of Chaitanya Shakti (Universal Life Energy) - which knows no national or geographical boundaries; it is the Universal/Common Mother which supports us all regardless of religion, nationality, gender, etc. This automatically establishes that we are all brothers and sisters, i.e. Universal Brotherhood, and therefore we should live with each other in peace and harmony regardless of the differences which divide us superficially. Till his last breath, he was actively engaged in spreading the message of Maha Yoga in India and beyond. It was this vision of Universal Brotherhood that was fulfilled in May, 2012, when he hosted the first ever Mahayoga Global Meet, in Pune, India, which was attended by people from 44 different countries. Even a couple of weeks prior to his departure from this earth, in October, 2012 he was invited to speak at the International Yoga Seminar held in Ujjain, India where he led the attendees in a practical experience of Maha Yoga Sadhan (meditation).

I remember P. P. Shri Kaka Maharaj mentioning a few times that he wished he could have come across a terrorist, in person. He considered Maha Yoga as the best way to bring about a change of heart even in the most heinous of people, even transforming a terrorist into a normal human being. He always ‘walked the talk’. He was so confident of the power of Maha Yoga in changing people’s lives and attitudes that he held Maha Yoga programs in prisons to explain to prisoners what Maha Yoga is and having them actually experience it. He used to say, Maha Yoga Sadhan is nothing but connecting our energy as individuals with the Universal Life Energy, the Mother of us all. Maha Yoga Sadhan requires total surrender to the Mother Energy; once it happens, the Mother Energy takes over and that ‘connection’ is never lost.

While there are many different styles of leadership, P. P. Shri Kaka Maharaj’s leadership was by example. He always practiced what he preached. While he was beyond monetary considerations he never wanted to impose a financial burden on anyone else. He never utilized the finances of the Maha Yoga Trust for his numerous trips in India and even abroad, in his untiring efforts to spread the path of Maha Yoga far and wide. He always spent money from his own pocket even when the Maha Yoga Trust had officially offered to bear the cost of his travels.

Out of his sense of duty for his Sadguru and the lineage, he established Ashrams at 5 locations in India, but having done so, he said ‘no more’. He was never interested in creating an ‘empire’. People used to come to him with proposals offering free land for him to establish Ashrams, but he turned them away. Instead, he would suggest that Maha Yoga Sadhaks consider their homes as Ashrams established by P. P. Shri Loknath Tirth Swami Maharaj. His intention was that Sadhaks should sit for Sadhan regularly and diligently. He himself used to sit for Sadhan very regularly.

He was innovative when it came to spreading the message of Maha Yoga all over the world, eager to leverage technology where it made sense. He used modern means of communication like the Internet, Instant Messenger, video streaming, etc. His intent was to make the world aware of the availability of the simple, yet very powerful, path known as Maha Yoga that lets one connect with one’s true self. At the same time, he used to say that
we should not push anyone to apply for initiation. Our role is to simply inform the person of
the availability of such a path, nothing more than that. It should always be up to the person
to follow the Introductory Practice or to apply for Deeksha (initiation) or to ignore this
altogether.

While P. P. Shri Kaka Maharaj never wanted to push anyone to get initiated into Maha Yoga,
his ultimate goal was to see everyone on this earth walk the path of Mahayoga on their own
volition. I am sure he envisioned a future world free of any spiritual impurities, where babies
would be born with pure souls already blessed by the Mother Energy, a world where only
spiritual purity prevails. I feel that his vision will surely come into reality one day given his
knowledge of Maha Yoga and the guidance and knowledge given to him by his Sadguru and
the lineage.

By: Shri Milind Joshi
Thank you, Dear Gurudev

Dilip Kamat, the editor of Self Awakening, wrote the following honoring his Sadguru, P. P. Kaka Maharaj - Editor

P. P. Kaka Maharaj’s departure from his earthly presence was a huge shock to me personally. It felt like a very close family member had left me for good.

I was initiated into Maha Yoga by P. P. Gulvani Maharaj while I was an engineering student in 1970, and I have been living in the US since 1973. I first met P. P. Kaka Maharaj in 2004 during a visit to India, and shortly after I met him I had a dream where I saw P. P. Gulvani Maharaj merge into P. P. Kaka Maharaj, after which P. P. Kaka Maharaj embraced me like a mother would embrace a child. It was such a vivid dream that I awoke from it in a trance state, as if I had been in the presence of God.

Ever since then I have felt extremely fortunate to have been blessed by P. P. Kaka Maharaj; having had the opportunity to host him at our home when he was in the US in 2007, as well as during the numerous interactions I had with him in Nashik and in Pune. He treated me as a close family member, very tolerant of my non-traditional behavior, just as a parent would tolerate a rather unruly child.

I am also extremely grateful to him for allowing me to interview him four times for the Self Awakening e-newsletter. His tolerance, generosity and the patience he showed in responding to my naïve and perhaps trivial questions during those interviews was indeed exemplary to a lowly Sadhak such as me. I also feel privileged to have been able to attend MGM 2012 in May this year and to have been in his presence at the event. It was indeed heartwarming to have seen his joy at being in the company of Sadhaks and people from all over the world.

I am saddened by his departure from the physical plane, but I am comforted by the fact that for those of us who were affected by his presence, he remains in each one of us as the Gurutattva, the inner Guru who will continue to guide us on the spiritual path.
Thank you, Dear Gurudev (continued)

By: Dilip Kamat
The photographs accompanying the article are from P. P. Kaka Maharaj’s 2007 visit to the US. My discussions with P. P. Kaka Maharaj can be found in the May 2009, May 2010, February 2011 and the February 2012 issues of Self Awakening archived at http://mahayoga.org/selfawakening.htm.
Answers to Questions from Sadhaks

**Question:** In October 2012 I received the Deeksha (Initiation) Letter accepting me for receiving Maha Yoga Shaktipat Deeksha on February 13th, 2013. Since then, P. P. Kaka Maharaj has left his earthly body. Will the Deeksha happen on February 13th and if so who will be granting Deeksha?

**Answer:** Maha Yoga Deeksha, also known as Shaktipat Deeksha, "happens" because it is the Prasad (gift) of our Parampara (lineage) which, in its modern form, can be traced to P. P. Swami Gangadhar Tirth Maharaj in the mid-19th century, but originates from Lord Shiva. The Gurus of our lineage, such as P. P. Kaka Maharaj, have always considered themselves merely the “postmen” who deliver the Prasad on behalf of Lord Shiva, and not the originators of the Shakti. (Please read “Discussion with P. P. Kaka Maharaj” in the February 1, 2012 issue of Self Awakening e-newsletter archived at http://mahayoga.org/newsletter/Self_Awakening_Vol_4_Issue_3.pdf).

P. P. Kaka Maharaj had a Sankalpa (intent) to grant/deliver Deeksha to Sadhaks seeking it. The Deekshas granted by him when he was alive were the result of his Sankalpa. On February 13th, 2013 when you sit for Deeksha, you will be initiated by the very same Deeksha Sankalpa of P. P. Kaka Maharaj. Please have no doubt about that. In order to continue the Maha Yoga Parampara, as mentioned elsewhere in this e-newsletter, P. P. Kaka Maharaj has authorized 14 senior Sadhaks (Deekshadhikaris) to grant Deeksha going forward. They will continue the tradition of being the “postmen” who will deliver the Prasad of Deeksha on behalf of Lord Shiva, just as P. P. Kaka Maharaj, and previous Gurus in the tradition before him, had done when they were alive.

Following Deeksha if you wish to get guidance on Maha Yoga in person from a Maha Yoga Guru, you may meet with or contact any of the learned senior Sadhaks (Deekshadhikaris) who have been authorized by P. P. Kaka Maharaj to continue his tradition of Maha Yoga Deeksha. Their contact information is available at http://mahayoga.org/contact.htm. Alternatively, you can send your questions by e-mail to self.awakening@gmail.com or to info@mahayoga.org.

**Question:** For Shaktipat Deeksha to happen why is it necessary to have a Guru authorized to grant it? Isn’t God’s guidance sufficient for Deeksha to happen? I have not received Maha Yoga Deeksha but I have had Kriyas (involuntary actions) happening to me for over 7 years now, with Shakti (energy) flowing from me to others, irrespective of my wanting it or not. Is it fine for me to continue with this or is there something I should do about it?

**Answer:** God’s guidance underlies all Deekshas; they can never happen without it. However, most people have their Prana Shakti (Mother Energy) externally directed because of their continual focus on the material world and their conviction, because of their egos, that they are in charge of and control their own lives. This is why they are unable to access and understand God’s guidance, also referred to as the inner Guru. God’s guidance only becomes accessible once a Sadhak’s Prana Shakti gets inward-directed. This change in direction of a Sadhak’s Prana Shakti is exactly what happens
during Deeksha. The normally externally-directed Prana Shakti gets inward-directed. The Sadhak becomes experientially aware during Deeksha that there is an energy within him that is really in charge. It is then that he becomes aware that by surrendering to the awakened Prana Shakti within him and by observing what She does, he gets on the path of spiritual progress and eventual enlightenment. This inward direction of the Prana Shakti within him puts him in touch with his inner Guru who guides the Sadhak on his spiritual journey ever after.

Having said that, some people, who because of their past Samskaras (impressions on their Chitta - mind stuff - from prior lives), have their Prana Shakti already inward-directed, i.e. awakened, even though they have not officially received Deeksha in their current life. They sometimes experience Deeksha-like Kriyas (involuntary actions), and in the presence of someone who has received Maha Yoga Deeksha might have Deeksha-like experiences. And some of these people might also cause Kriyas to happen in other people around them. However, such unguided and uncontrolled transfers of Prana Shakti can cause harm, both to the person causing the transfer to happen as well as to the person to whom the transfer happens. And the harm can be both spiritual as well as physical.

In any transfer of Prana Shakti, the person transferring the energy to someone else runs the risk of weakening his own spiritual energy as well as taking on the negative Samskaras of the person to whom the energy gets transferred. The taking on of someone else’s Samskaras can be both physically and spiritually debilitating. Additionally, if the transferor’s ego is not in check, such a transfer might result in the transferor’s ego getting boosted since he might feel that well, he can be a Guru too! The person to whom the Prana Shakti gets transferred can also suffer if the amount and purity of the energy he receives is inappropriate to his needs. If he receives more energy than he can handle, he runs the risk of severe mental and/or spiritual damage. If the purity of the energy he receives is not very high because of insufficient purity of the transferor’s Chitta, his own Chitta will get negatively affected harming his spiritual progress. So, Sadhaks are advised to stay away from such thoughts and actions. In fact, Sadhaks who have received Deeksha are advised to sit for Sadhan in a separate room, away from others who have not received Deeksha. This way the inadvertent transfer of Prana Shakti in an uncontrolled manner can be prevented.

In contrast to such inadvertent transfers of Prana Shakti, the intentional transfer of energy (Shaktipat) from a Siddha Guru to a Sadhak is quite different. A Siddha Guru who has purified himself over lifetimes and in his current life by the strict observance of key yoga precepts, through near-continuous Sadhan, and the blessings of his Parampara (lineage), is immensely capable of guiding and controlling the Prana Shakti so that the appropriate transfer of energy (Shaktipat) happens during Deeksha consistent with the needs and capabilities of the Sadhak receiving Deeksha. The pious and ego-free life of the Siddha Guru who has erased the effects of past Samskaras from his Chitta (mind-stuff), also ensures that the Prana Shakti transferred to the Sadhak will be pure, unencumbered by any negative Samskaras.
People who have not received Shaktipat (Maha Yoga) Deeksha, but who find themselves experiencing uncontrolled Kriyas and other Deeksha-like activities, or find that some people in their presence begin to experience Kriyas, can do themselves and others a big favor by getting their awakened Prana Shakti better regulated by actually receiving Deeksha from a Siddha Guru. A Siddha Guru is perfectly capable of guiding and regulating the awakened Prana Shakti within such people, ensuring their smooth and steady spiritual progress, and bringing them more in touch with their inner Guru who will guide them on the remainder of their spiritual journey.

- **Question:** I sometimes experience anger, sometimes fear and even happiness at other times. What can I do to eliminate my fears and anger and feel confident that I am on the right Sadhan path?

**Answer:** Well, we have good news for you! Emotions such as happiness, fear and anger are phases that our minds go through, sometimes during Sadhan and quite often in our day-to-day lives. But please remember that such emotions only reside in our minds. Maha Yoga Sadhan is beyond the limitations of our minds, so with regular Sadhan you will gradually get rid of your anger and fear and even the transient sense of “happiness”, which will get replaced by a sense of calm and inner peace.

The feelings of fear, anger and happiness you experience during Sadhan are most likely mental Kriyas that result from the related Samskaras that get brought up into your Chitta. Simply observe them when they come up during Sadhan; do not dwell on them or resist them, or get frustrated with yourself because they have come up. This is the process whereby the Prana Shakti brings up various emotions related to your Sanchit (accumulated) Samskaras into your Chitta, and by dispassionately observing these emotions, the Samskaras that caused them to come up gradually get eliminated. This is the process whereby Chitta Vrutti Nirodhaha (elimination of the Chitta’s Vruttis) happens.

As your Chitta becomes calm and clear, you will find yourself becoming free from such emotions even in your day-to-day life. You will find yourself getting angry far less than you had been. You will find yourself going beyond the up and down cycles of happiness and sadness; and instead develop a calm and peaceful attitude towards whatever and whoever you encounter in your day-to-day life. And your sense of fear will gradually get replaced by a sense of confidence that you can deal with whatever happens in a calm and fearless manner. So please continue to sit for Sadhan on a regular basis, without being judgmental or afraid of what types of emotions come up during Sadhan. Simply play the role of an observer (Sakshi) and let the awakened Prana Shakti clean and calm your Chitta so you can have true and lasting happiness which comes from a sense of inner peace and calm.

**Editor’s note:** Please send your questions regarding Maha Yoga and Shaktipat to: [self.awakening@gmail.com](mailto:self.awakening@gmail.com).
International Yoga Seminar, Ujjain, MP, India
October 11th - 14th, 2012

P. P. Kaka Maharaj was the honored guest and presenter at the International Yoga Seminar in Ujjain, MP, India. It was his last public appearance. Shri Anand Kulkarni reports on the event. - Editor

The third International Yoga Seminar under the auspices of the Ujjain Yoga Life Society, a Government Registered, non-profit, charitable organization for the promotion of Classical Yoga lifestyle around the world, was held at Ujjain, Madhya Pradesh, India from October 11th to 14th, 2012. A multi-disciplinary Yoga event, the speakers and attendees included a broad mix of people from nine different nations, from Yoga practitioners and teachers to medical professionals conducting research on the beneficial effects of Yoga on human health.

P.P. Shri Narayan Kaka Maharaj was invited as the Chief Guest for the opening ceremony on October 11th, 2012 and to speak on Maha Yoga and conduct a practical session of Maha Yoga on October 12th, 2012. Even though he was not keeping well, P.P. Shri Kaka Maharaj enthusiastically consented to this invitation. This was to be his last public appearance before he left his earthly body on November 5th, 2012.

P. P. Shri Kaka Maharaj was accompanied to Ujjain by P.P. Shri Sharad Joshi Maharaj and Sadhak Shri Anand Kulkarni from Pune and P.P. Shri Prakash Prabhune Maharaj and Sadhak Shri Nikhil Prabhune from the Nashik Ashram. Shri Prashant Rao, Sadhak from Jalgaon, India went ahead to make proper arrangements for P.P. Shri Kaka Maharaj.

Since P.P. Shri Kaka Maharaj was not keeping well, P.P. Shri Prabhune Maharaj narrated, with the help of slides, some very important aspects of Mahayoga and our lineage beginning with P. P. Swami Gangadhar Tirth Maharaj to P.P. Shri Gulavani Maharaj and P.P. Shri Datta Maharaj Kavishwar on one branch of the lineage tree and P. P. Swami Shivom Tirth Maharaj on another. This narration lasted for about thirty five minutes, after which P.P. Shri Kaka Maharaj began his address.

What happened next can best be described as sheer magic. While he began with a brief description of Mahayoga, the practical session following it, which lasted for about twenty
one minutes, took the participants into such a deep trance that most of them had to be forcibly brought back to normal awareness. When the session was over, P.P. Kaka Maharaj got accolades like no other at the entire event. While other speakers had received polite applauses, after P. P. Kaka Maharaj was done with the Maha Yoga practical session, audience members flocked around him in large numbers to touch His Holy feet and to receive His blessings.

As P. P. Kaka Maharaj was leaving the event, one of the honored guests, H. H. Jagatguru Amrtsuryanand of Portugal, made it a point to see him off, telling him, “You represent God”. It is when we reflect on such events that we Sadhaks are reminded once again how fortunate we have been to have been blessed by such a towering spiritual personality as P.P. Shri Kaka Maharaj was when He was amongst us in physical form.

This visit was additionally utilized to set up a Maha Yoga center at Ujjain. The center was declared open by P.P. Shri Sharad Joshi Maharaj, who has been assigned the responsibility of propagating Maha Yoga in the state of Madhya Pradesh, India. It was decided that this center will be looked after by Shri Atul Valuskar, a Sadhak from Ujjain.

By: Shri Anand Kulkarni
Tour to celebrate P. P. Loknath Tirth Swami Maharaj Birth Anniversary in Dhaka, Bangladesh, May 19th - 24th, 2013

Following the success of the November 2011 tour to visit the Dhakeshwari Devi Mata Temple, the birthplace of P. P. Loknath Tirth Swami Maharaj, in Dhaka, Bangladesh, P. P. Kaka Maharaj had a Sankalpa (wish) that Swamiji’s birth anniversary in 2013 be celebrated at his birthplace. To fulfill his wish, the P. P. Loknath Tirth Swami Maharaj Mahayoga Trust, Nashik, India has planned a trip to Dhaka, Bangladesh under the leadership of P. P. Moreshwarbua Joshi (Charolikar) Maharaj, who had also led the previous tour (tour report available at [http://mahayoga.org/newsletter/Self_Awakening_Vol_4_Issue_3.pdf](http://mahayoga.org/newsletter/Self_Awakening_Vol_4_Issue_3.pdf)).

P. P. Loknath Tirth Swami Maharaj, P. P. Kaka Maharaj’s Shaktipat Guru, was the son of the Dhakeshwari Temple priest, Shri Chakravorty Babu. The temple, which has been declared a National Temple by the Government of Bangladesh and is one of the 51 Shakti Pithhas of Devi Durga Mata, is still led by the Chakravorty family, who continue to remain temple priests.

The tour will begin in Kolkata, India, where touring Sadhaks are expected to report on the evening of May 19th, 2013. On May 20th the Sadhaks will do Kolkata Darshan (sightseeing) with visits to Kali Ghat, Bellur Math, Dakshineshwar Temple and the Dhakeshwari Temple in Kolkata; travelling to Dhaka, Bangladesh, by train on May 21st. P. P. Loknath Tirth Swami Maharaj’s birth anniversary will be celebrated at the Dhakeshwari Temple in Dhaka on May 22nd and on May 23rd a Maha Puja of Dhakeshwari Devi will be conducted. The Sadhaks will return to Kolkata on May 24th. Travel to and from Kolkata can be arranged for groups departing from various cities. Please track changes to the schedule and tour arrangements at [http://mahayoga.org/progcal.htm](http://mahayoga.org/progcal.htm). Those interested in joining the tour can contact Shri Satish Patil in Nashik, India at +91-94208-27886

Sadhaks at the Temple in 2011
Universal Brotherhood Day and Global Maha Yoga Trial - February 13th, 2013 from 7:09 am to 7:30 am local time

P. P. Shri Kaka Maharaj’s Maha Yoga Parampara (tradition) would like to invite everyone on this earth to participate in a Universal Brotherhood Day and Global Introductory Trial of Maha Yoga Shaktipat (Siddhayoga) for the uplift of all humankind. This introductory trial will be held on February 13th, 2013, from 7:09 am to 7:30 am local time, i.e. based on the clock in your own country and time-zone. Those interested can participate during that time at no cost, from the privacy of their own homes. All are eligible to participate in this trial regardless of religion, race, gender, age, caste or creed. This world-wide trial can be considered to be a “trailer” or a precursor for the awakening of one’s Kundalini Shakti (Universal Life Energy) through Shaktipat (transfer of Energy) from a Siddha Yoga Master. It is a rare opportunity to experience first-hand such a transmission of Energy from a Siddha Guru.

Here’s how to participate:

- At the designated time (on February 13th, 2013, from 7:09 am to 7:30 am, local time) sit comfortably with your eyes closed in a quiet location in your home. Instantly observe a wave of energy along your spinal column.
- Relax your body completely in order to minimize the awareness of your body.
- Let your mind observe your involuntary breathing.
- Observe your experiences during the designated time interval and if you wish, you may share them by e-mail with Maha Yoga leaders in P. P. Narayan Kaka Maharaj’s Parampara (tradition) at (mahayoga_kaka@yahoo.com).
P. P. Loknath Tirth Swami Maharaj’s biography- English translation now available

The English language translation of P. P. Loknath Tirth Swami Maharaj’s biography is now available in hardcover edition! P. P. Loknath Tirth Swami Maharaj was the Shaktipat Deeksha Guru of P. P. Narayan Kaka Dhekane Maharaj as well as P. P. Gulvani Maharaj. The original biography was written in the Marathi language by Shri A. S. Potbhare and it was translated into English by Dr. R. V. Urankan.

Copies of the book are available in India for Rs. 299 plus postage at:
P. P. Shri Vasudevanand Saraswati Swami Maharaj &
P. P. Shri Loknath Tirth Swami Maharaj Trust
Vasudev Niwas
41/17 Erandvane,
Pune, India 411004

Phone No. +91-20-25455584
Upcoming Events:

Deeksha Day (Initiation Day) on February 13\textsuperscript{th}, 2013
Those desirous of receiving Maha Yoga Deeksha (initiation) should go to the website: 
\url{www.mahayoga.org} for instructions.

Universal Brotherhood Day/Global Maha Yoga Trial on February 13\textsuperscript{th}, 2013
Please see announcement on page 27.

Tour to celebrate P. P. Loknath Tirth Swami Maharaj Birth Anniversary in
Dhaka, Bangladesh, May 19\textsuperscript{th} - 24\textsuperscript{th}, 2013
Please see announcement on page 26.

Lecture Series at the Maha Yoga Ashram in Thane, Maharashtra, India
The Thane Ashram will be hosting a series of lectures/talks on Maha Yoga and Yoga on the
first Sunday of every month.
The Thane Ashram is located at:

A/9 Sector # 7, Behind Omega Apartments
Vasant Bungalow, Shree Nagar, Wagle Estate, Thane 400604

Please contact P. P. Dr. Deshpande Maharaj in Thane, India at 22-2581-2811 for additional
information. The Thane Ashram also hosts Samuhik Sadhan (communal Sadhan) every
Sunday from 8:30 am to 9:30 am. The lecture will follow the Samuhik Sadhan (communal
Sadhan) on the first Sunday of every month.

Website Updates:

The Maha Yoga videos website at \url{http://www.mahayogavideos.org/} has available videos of
various Maha Yoga related events and speeches by P. P. Kaka Maharaj.

We also have an active discussion group at:
\url{http://groups.yahoo.com/group/kundalinishaktipatayoga/}
Please feel free to post messages there about Maha Yoga, the website, or this e-newsletter.
You will need to join the group to read or post messages.

New Maha Yoga Blog:

We also have a Maha Yoga blog at \url{http://mahayoga-blog.blogspot.com/}. The purpose of the
blog is to share with Sadhaks P. P. Kaka Maharaj’s guidance on issues related to Maha Yoga,
and to keep them updated on Maha Yoga-related events and new developments. Please feel
free to join the blog and comment on the content.
How to contribute content to the e-newsletter

The goals of our e-newsletter are:

1. Spread the word about Siddha/Maha Yoga.
2. Provide virtual Satsang to Sadhaks
3. Share relevant life experiences which might help the Sadhak community
4. Seek and provide guidance on Siddha/Maha Yoga
5. Share news about Siddha/Maha Yoga events around the world

If you want to contribute content (articles, news reports, questions, life experiences) or comments related to any of the above objectives please send them to:

self.awakening@gmail.com

We’re on the Web!
http://www.mahayoga.org/

May all desire to follow this nectarous Siddhayoga Path!